



Congratulations Navajo County now offers a
FREE Workplace Health & Wellness Program for all employees.

Navajo County PUSH Program

(People United Supporting Health)

Kickoff Event : January 13th, 2015

@ 9:00 a.m. in BOS Chambers (Presentation to BOS)

Participants will receive tools to help with Health & Wellness,
monthly challenges and a chance to win prizes!

See the 2015 Wellness Calendar for all events.

Coming in January 2015

Healthy Resolutions

Have you made a New Year's Resolution yet? Let us help you.

Look for information in the County Manager's note this Friday

Weight Loss Winner

(10 week challenge)

"Weight Loss Winner" challenge begins on January 20th

Look for an email on Friday, sign-ups January 13th in all areas of the County.